

Healthcare Pathways



Health Career Academy - La Sierra High School

Within La Sierra High School in Riverside are a group of students focused on the future. These students attend La Sierra High School Health Career Academy, a school-within-a-school focused on preparing students for careers in healthcare. In the upcoming 2010-11 school year, more than 160 students will be enrolled in the academy, which offers both pre-med and other health careers pathways. The academy is designed to target students who are at-risk, which is determined by grades, attendance, motivation, etc.

Students are recruited for the academy from the high school freshman class through posters, videos and from seeing fellow students who wear their scrubs to school. The academy begins in grade 10 and continues through grade 12. Once enrolled, the students are monitored for academic performance. If not earning a 2.0 grade point average, they must attend mandatory tutoring and skill-building workshops. With this continuous support, students thrive.

Sophomore students are introduced to patient care, including first aid and cardio-pulmonary resuscitation (CPR). They participate in field trips and job shadowing activities at Kaiser Permanente hospitals. Junior students



La Sierra High School Seniors, Class of 2010

in the program continue field trips and job shadowing, while meeting with a mentor four times a year to complete a career exploration project.

After completing first semester courses on basic healthcare, seniors meet daily in the Regional Occupational Program (ROP) Health Occupations class to learn advanced clinical skills needed to care for patients in a hospital setting. Senior students also intern at hospitals four days a week for fifteen weeks. They also review and share experiences during discussion groups which reinforce learning.

The Health Career Academy is a partnership between La Sierra High School, Kaiser Permanente Medical Center, Riverside County Regional Occupational Program/Career Technical Education (ROP/CTE), Riverside Community College, and the University of California, Riverside. The La Sierra High School Health Career Academy began in 1991 and has been a funded California Partnership Academy since 1997.

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Find a Health Academy Near You!



Students with Mentors



Learning Patient Care



Practicing Emergency Care

The many health academies in California offer a career-centered educational experience for tenth through twelfth grade students. They combine academic achievement, technical skills, and real world learning through mentoring, internships, and work experience. Students enrolled in health academies feel more connected, have long-term career goals, and find support from both peers and faculty. The number of health academies in California has grown in the past few years. If you are interested in a challenge and a successful career in medicine, there are health academy opportunities near you!

For more information on the La Sierra High School Health Career Academy, please contact Karen Ribaudo at (951) 358-1711 or visit: www.alvord.k12.ca.us/LaSierra/admin/index.html

For more information on other high school health academy programs in California, visit the California Primary Care Association at: www.cPCA.org/programs/workforce

Get to Know the California Department of Education



The California Department of Education (CDE) offers resources for students and adults while managing the statewide network of schools, teachers, lesson plans, and administration. A wide range of information on health education programs, testing, and school performance is available.

Check the California Department of Education (CDE) online resources which include:

- A directory of grants and other funding sources
- A listing of schools and colleges throughout the state
- Resources on obtaining your student records
- How to become a teacher or find a job teaching
- Exam and testing services for high school proficiency and American College Test (ACT)
- Program curricula, educational standards, and accreditation information

Visit the California Department of Education at: www.cde.ca.gov



Emergency and Rehabilitation Professions

Not all healthcare professionals are doctors and nurses. In fact, the majority of healthcare industry jobs are found supporting a doctor's office or clinical setting. Emergency and rehabilitation professionals care for patients in times of trauma and throughout the course of extended treatment and recovery. Many of the first responders or rehabilitation professions in healthcare require dedication to an individual's treatment plans, the ability to make good decisions quickly, and the ability to communicate effectively.

Emergency care and rehabilitation professions in healthcare include:

Medical Assistant:

The duties of a medical assistant include administrative and clerical tasks for a variety of health practitioners in hospital and private practice settings. These professionals keep the office running smoothly by coordinating patients, medical records, medications and treatment plans, and other priorities. Certification is not required for entry-level positions, but many medical assistants become certified in a specialty, such as podiatry or optometry.

Wages: \$20,600 to \$39,570 annually

X-Ray/Radiologic Technician:

Radiologic technicians perform radiologic (x-ray) examinations for the diagnosis of medical problems. They follow physician's orders precisely and keep patient records, while adjusting and maintaining technical equipment. Many professionals specialize in Sonography (ultrasound imaging) or Magnetic Resonance Imaging (MRI) diagnostic machines which create three-dimensional images. Working professionals may hold a licensed certificate, an associate degree, or a bachelor's degree.

Wages: \$35,100 to \$74,970 annually

Speech-Language Pathologists:

Speech-language pathologists plan individualized care for patients with speech/hearing/voice disorders or communication impairments caused by stroke, injury, or developmental disability. These professionals work with physicians, social workers, and other therapists to develop or recover oral and written communication.

A master's degree in speech-language pathology is required.

Wages: \$41,240 to \$99,220 annually

Physical Therapist:

Physical therapists diagnose and treat individuals who have conditions which limit their ability to move and maintain active lifestyles. Treatment plans promote flexibility and movement, reduce pain, and prevent disability. Physical therapists work in private practice, hospital and orthopedic settings, and skilled nursing facilities. An advanced degree (post-baccalaureate) is held by most practicing professionals.

Wages: \$50,350 to \$104,350 annually

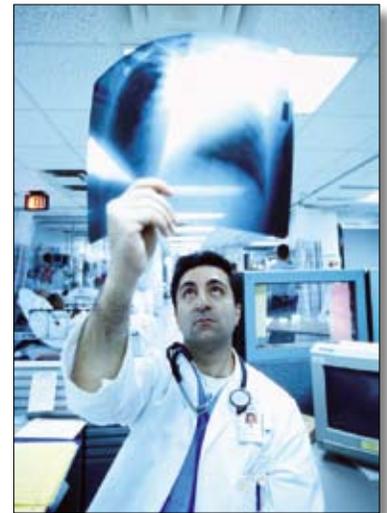
Physician Assistant:

Physician Assistants are trained to examine and treat patients, order laboratory tests and x-rays, and make diagnoses under the direction of a physician. These professionals may work in primary care or in specialty areas such as internal medicine, pediatrics, or family medicine. A college degree is held by most practicing professionals with many obtaining specialty training or continuing toward a master's degree.

Wages: \$51,360 to \$110,240 annually

For more information on careers in speech/language therapy, visit the American Speech-Language-Hearing Association at: www.asha.org/students/

For more information on careers in physical therapy, visit the American Physical Therapy Association (APTA) at: www.apta.org



Emergency medical technicians (EMTs) and paramedics provide advanced life-support and critical care for the sick and injured before and during transport to medical facilities. These first responders to emergency situations work as a team to assess injuries and conditions for each individual and make rapid critical decisions for medical treatment. They work indoors and outdoors, use specialized equipment, and operate 24 hours per day providing quality care in life-or-death situations.



Emergency Medical Technician – Basic Program

American River College (ARC) in Sacramento offers certification and degree programs for EMTs and paramedics to prepare students for this fast-paced career. The EMT-Basic program is a one-semester basic training course which develops student skills and techniques in emergency medical care. The Paramedic Program is a 12-month program involving classroom, clinical, and field internship training.

Students enrolled at ARC receive a wide variety of support services, which help students “learn how to learn.” These support services increase the likelihood of success and can open up new career paths and professions. Students can find assistance from academic counseling, peer-to-peer tutoring, and financial aid counseling. Veterans can take advantage of the re-entry program. Skills can also be improved using the student learning resources available, which assist students in reading and writing. In fact, more than 26 services are available to enrolled students including work experience opportunities, childcare, and health center care.

To enroll in the American River College EMT-Basic program, prerequisite courses in first aid and cardio pulmonary resuscitation (CPR) must be completed. A completion certificate is awarded to students who pass with an average of 80% or better. Many graduates of the EMT program continue with paramedic training, or continue school toward other allied health professions.

Paramedic Program

The American River College paramedic program prepares students for the highest level of pre-hospital care when responding to emergencies. Students who have obtained the EMT-Basic certification continue training in the areas of cardiac care, airway management, pediatric life support, and pharmacology. Both full-time and part-time programs are available.

Clinical training for students in the paramedic program takes place in a variety of hospital locations, including Placerville, Folsom, Stockton and Fresno. Students are placed in internships in the area where they wish to work. In order to maintain successful clinical and field internships, a limited number of students are accepted into the paramedic program.

Graduates in the ARC paramedic program obtain approximately 1,700 hours of education and advanced clinical skills. The results are a 100% pass rate for the national registry exam for ARC paramedic program graduates conducted by the National Registry of EMTs.

“In my first year toward my paramedic license, I am building my clinical skills by working alongside professional hospital staff 2-4 days a week. I am part of the patient’s treatment team seeing them through the recovery process. Back at school, I have lab partners and study groups to help me. It’s very supportive.”

***- Siri White, American River College
Paramedic program***

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Are you a high school student or graduate ready for training? Perhaps you are an adult upgrading your skills and looking to re-enter the workforce as a healthcare provider. Great opportunities for building job skills are available in southeast San Bernardino County through the Colton/Redlands/Yucaipa Regional Occupational Program (CRY-ROP), a public agency of the California Department of Education.

Day and night courses are offered in more than 40 career fields for youth and adults in a variety of locations. Because it is a state-funded program, there is no tuition for students (adults pay a nominal fee). Career planning and guidance, as well as aptitude and skill testing, are available. Each course includes assistance in employment skills such as preparing a resume, completing job applications, and strengthening interview techniques.

Healthcare industry-related courses include training for Nursing Assistant (acute and certified), Medical Assistant (clinical and front office), Pharmacy Technician, Home Health Aide, Sports Medicine Aide, Physical Therapy Aide, Veterinary Assistant and Health Information Technician. Many courses provide hands-on clinical experience through worksite learning and internships which build essential skills in patient care, observation and communication.

If you are outside San Bernardino County, Regional Occupational Programs exist throughout California. There are 74 locations offering quality career preparation and technical education, at a location near you! Anyone 16 years of age or older can enroll. Take advantage of tuition-free courses near you and start to build your professional skills for a successful future!

For more information on the Colton/Redlands/Yucaipa ROP program, please visit:
cryop.schoolfusion.us/

For a listing of California's Regional Occupational Centers and Programs, please visit:
www.carocp.org/carocps.html



Practicing Essential Skills



Learning First Aid



Preparing for Externship

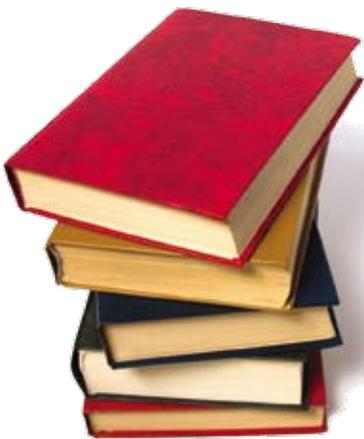
Research Project Dos and Don'ts

Research is a part of life for students. From term papers to thesis projects, conducting research is essential to success. Those pursuing a health career path will encounter many more opportunities for research along the way. Therefore, it is important to develop proper research skills. Here are some tips to get you started:

- **DO** remember that research is a process. Start by creating a master plan, then assign deadlines for each step along the way.
- **DON'T** stray from the assignment requirements and guidelines. Read the assignment carefully and ask questions. Are you expected to summarize your research or offer your own opinions?
- **DO** begin with a series of questions. For example: What subject matter interests me? What topic do I want to focus on? Are there resources available on my topic?
- **DO** develop a strong claim or statement of purpose, which serves as the foundation of your research – you might think of it like a compass guiding your thoughts and ideas towards a coherent end result.
- **DON'T** create an “informational dump” or summary. Instead, be precise and thoughtful by taking good notes of all sources for each fact, quote, or example.



Once you have a developed working claim or research topic, you can begin your search for sources to support the claim. The best ones are typically found in academic journals, scholarly articles, and believe it or not, books! If you find a good academic book or essay, take a close look at the author's bibliography to find more sources. Keep a running bibliography – a process that will reduce unnecessary work and prevent gaps in your source citations.



Try to steer clear of unverified Web sites as their information may be inaccurate and ever changing. If you are having difficulty finding information concerning your topic, visit your local or public library where librarians can help you conduct productive research. After you have asked your questions, developed a hypothesis, and gathered your sources, you are ready to begin a project draft. Don't try to make it perfect; after all, it is just a draft. You will have plenty of time to revise it later. Give evidentiary support for any claim that you make. Remember, plagiarism is serious; give credit where credit is due and always cite properly.

When all the elements of your research draft are in place, you can then begin the revision process, which is the lengthiest part of your research project. Be sure to focus on the following in particular: clarity, continuity, and lastly grammatical/spelling errors.

Read it aloud and highlight areas that don't sound right. When all your revisions have been made, and you feel your project is at its best, you are ready for the final draft. By following this step-by-step plan of resource gathering, writing, and editing you will complete your project on time and be able to present your best work.

For a listing of California libraries, please visit: www.library.ca.gov/lids/librarydirectory.html

For library resources at California State University campuses, please visit: www.calstate.edu/LS/

Preparing for a Successful Future

Whether you're just beginning high school or getting ready to attend college, you may be asking yourself, "what's next?" It's always a good idea to have a plan for the future. Even if you are not sure of a specific career, you can point yourself in the right direction. If you plan on pursuing a health-related career, you may want to start preparing now for what's ahead.

There are many steps you can take to ensure success in your future career goals and life. So consider the following:

- Explore your career interests further. What jobs exist that match your passions? Where can you learn the necessary skills? Find out what additional steps you can take toward acceptance into a specific college program or field of study.
- Seek out a mentor. This can be a teacher in your current academic program or an advisor at your local community college. However, make sure they know your goals so they can assist you in preparing a plan. Another option is to find support from peers. Join a student study group or organization on campus. Finding students with similar goals and interests is easier than you might think!
- Consider volunteering in a medical setting (e.g., hospital, dental office, or primary care clinic). This will give you exposure to medical terminology, the roles of medical professionals, and help you narrow your career goals.
- Seek out clinical internships or pipeline programs. Pipeline programs are unique partnerships of schools, employers, and community organizations which focus on health education and health careers. These opportunities can help you build professional job skills or give you valuable experience as a medical team member. You may need to conduct research or ask for guidance in order to ensure a good match.
- Prioritize your time and energy. Don't overwhelm yourself with tasks and responsibilities. Devote the most time to what is important. Look for ways to save time without sacrificing quality.



If you want to be successful, you must be proactive. Good decisions early on can make all the difference in the future. Health-related programs are becoming more and more competitive, so be prepared. Remember, it's never too early to start planning!

Learn more about health careers at:
www.mycali.ca.gov or www.whatdoyouwant2be.org/

To help plan your academic path, please visit:
www.csumentor.edu or www.cccapply.org

For a listing of California pipeline programs and information on Cal-SEARCH clinical internships, visit the OSHPD resources page at:
www.oshpd.ca.gov/HWDD/HCTP.html



EMT and Paramedic Careers

Job Title	Education	Average Annual Salary
Emergency Medical Technician (EMT) - Basic Certification	1 semester (with prerequisite courses)	\$40,000
Paramedic	1-2 years	\$49,000

**National estimates from Bureau of Labor Statistics, May 2008 and Indeed.com*

Graduates of the EMT or paramedic program can choose careers with public safety agencies, such as fire departments, work with private ambulance services, or with manufacturing and industrial health support. Some students build upon their paramedic experience and continue training to become a physician assistant or other allied health professional.



Are you willing to invest in your future? Register for prerequisite and prep courses in your local area. Begin your lifelong learning process and prepare for a competitive working environment. Make an educated decision toward a fast-paced career as an EMT or paramedic.

For more information on the American River College programs for EMTs and Paramedics, please visit: www.arc.losrios.edu/Programs_of_Study/Health_and_Education.htm and web.arc.losrios.edu/~edhealth/paramed.html

Find local community college programs for EMTs and Paramedics and additional information at: healthoccupations.org/ccchealth/programs.cfm

The National Registry of Emergency Medical Technicians offers information on certification requirements and additional resources at: www.nremt.org

Healthcare Pathways

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Healthcare Pathways is a quarterly publication of the Office of Statewide Health Planning and Development’s Healthcare Workforce Development Division. Please submit your comments, suggestions and ideas by phone at (916) 326-3700.



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